THE Sealtest FOOD ADVISER

WINTER 1940

Come up and SEE US...

We thought we had just about *everything* that a modern experimental Kitchen could require, over in our former place in Radio City. And thousands of visitors there, felt the same way. But, we must admit that this new Kitchen, goes even a step ahead! Consequently, the staff of the Sealtest Laboratory Kitchen is now able to provide our millions of followers with an even more comprehensive service than heretofore—a service of unusual, original recipes; advice on diet and nutrition; help to you in planning parties, special occasions, etc. Why not write us—or better, come up and see us, at 230 Park Avenue, New York City?

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Beulah V. Gillespie

Director, SEALTEST LABORATORY KITCHEN
230 Park Avenue, New York City

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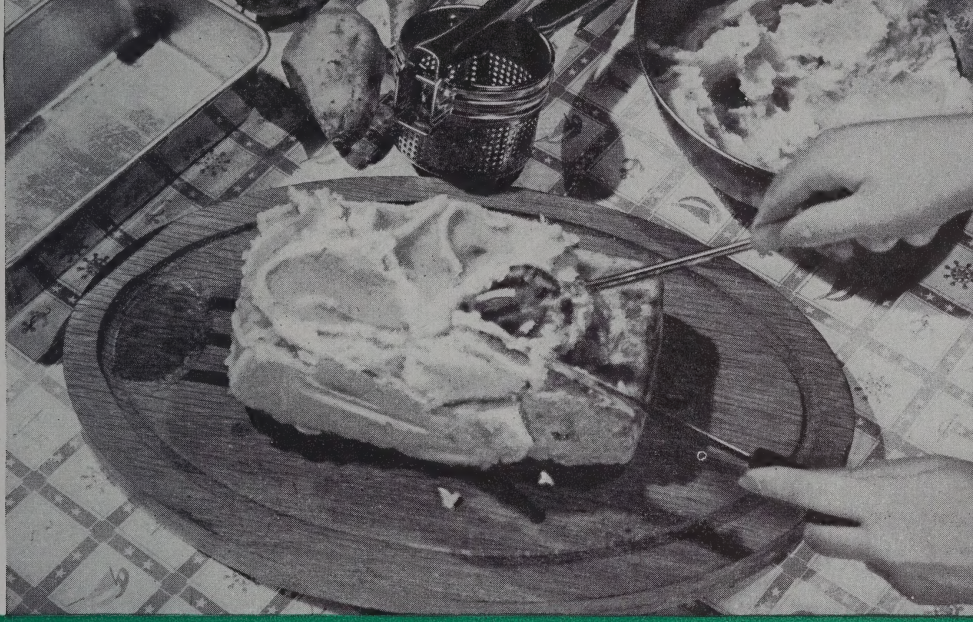
All recipes and menus in this "Adviser" were developed in the Sealtest Laboratory Kitchen.



Sweet Potato Ham Loaf

Put Appeal in the WINTER MEAL!

CERTAINLY there's nothing so gay and festive as the Holiday Season which has just passed. But, often it leaves a "deflated feeling" around the vicinity of the budget! How to catch up? Well, we've set ourselves to the business of trying to sustain the appetite interest (the "allure") which was part and parcel of all your Holiday dishes, and to revive the budget.

MENUS

*Milk Lentil Soup
*Creamed Ham on Fried Hominy
Buttered Spinach Bread and Butter
Fresh Fruit
Coffee with Cream Milk

Baked Pork Hash
Buttered Broccoli Bread and Butter
*Red and White Salad
*Date Souffle Pudding with Orange Sauce
Coffee with Cream Milk

*Indicates recipes in this "Adviser"

MENUS

Tomato Juice
*Liver Pie
Bread and Butter Pickle Relish
Orange and Banana Salad
Butter Pecan Ice Cream
Cookies
Coffee with Cream Milk

*Cream of Onion and Cheese Soup
*Veal Cornbread Shortcake
Buttered Green Beans
Bread and Butter Parsnip Salad
Broiled Grapefruit
Coffee with Cream Milk

* Indicates recipes in this "Adviser"

MILK LENTIL SOUP

1 cup dried lentils
1 small onion
3 cups milk
Salt and pepper
⅓ cup cooked bacon, cut in small pieces

Soak the lentils overnight in water. Drain, cover with fresh water, add sliced onion and cook until the lentils are tender. Drain, boil down the liquid to about ½ cup and press the lentils through a sieve. Heat the milk, lentils and lentil liquid in a double boiler and season with salt and pepper. Sprinkle bacon on the soup when serving. This will serve six.

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RED AND WHITE SALAD

2 large apples
1 cup cranberry juice
Lettuce or other greens
1 cup cottage cheese

Core the apples and cut each in 3 slices. Pour the cranberry juice into a shallow saucepan or frying pan and bring to a boil. Add sugar if desired. Place the slices of apple in the syrup and cook uncovered over low heat until tender. Baste with the syrup occasionally. Allow to cool in the syrup. Place on lettuce or other greens and pile cottage cheese in the center of each slice. Serve with mayonnaise or salad dressing. Serves six.

LIVER PIE

1¼ cups diced carrots
2 tablespoons butter
3½ tablespoons flour
1¼ cups milk
¾ teaspoon salt
Few grains pepper
2 cups diced cooked liver
1 cup cooked peas
1 medium sized onion
Pastry

Cook the carrots in boiling salted water until tender. Drain and boil down the liquid to ½ cup. Melt the butter in a double boiler, add the flour and mix well. Add the milk and carrot liquid gradually and cook, stirring constantly until thickened. Add the salt, pepper, liver, peas and carrots. Add more salt if desired. Place this mixture and the thinly sliced onion in alternate layers in a buttered baking dish. Roll out pastry, cut in strips and arrange lattice fashion across the top of the baking dish. Brush the pastry with milk or cream and bake in a very hot oven (450° F.) for about 20 minutes or until brown. Serves six.

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EGGS IN BAKED POTATOES

6 hot baked potatoes
Butter
Salt and pepper
½ to ¾ cup hot milk
6 eggs

Cut a slice from the top of the potatoes, scoop out the inside and mash. Add butter, salt and pepper to taste. Add milk and beat until the potatoes are smooth and fluffy. (The amount of milk will depend upon the dryness of the potatoes.) Pile in the potato shells and make a deep depression in the center. Drop in eggs, sprinkle with salt and pepper and dot with butter. Bake in a moderate oven (325° F.) for 15 to 20 minutes or until the eggs are as firm as desired. Serves six.

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CREAMED MUSHROOMS ON RICE

2 tablespoons butter
1 tablespoon chopped onion
1 pound mushrooms
1 teaspoon salt
3½ tablespoons flour
1¾ cups milk
Few grains pepper
Boiled rice

Melt the butter in a frying pan. Add the onion, quartered mushrooms and ½ teaspoon of the salt. Fry until lightly browned, stirring constantly. Cover and cook over low heat until tender. Add the flour and mix well. Add the milk gradually and cook over low heat, stirring constantly until thickened. Add the remaining ½ teaspoon of salt and a few grains of pepper. Serve on mounds of hot rice. Serves six.

ACCESSORIES COURTESY PACIFIC POTTERY

Minced Oysters

MINCED OYSTERS

(*Illustrated above*)

3 dozen small oysters
4 tablespoons butter
1 cup chopped celery
2 tablespoons chopped onion
2 tablespoons chopped green pepper
½ cup flour
2½ cups milk
Salt and pepper
¼ teaspoon grated lemon rind
2 tablespoons chopped parsley
⅔ cup cracker crumbs
⅔ cup buttered cracker crumbs

Cook the oysters in their liquid over low heat until the edges curl. Drain and chop. Melt the butter in the top of a double boiler placed directly over the heat. Add the celery, onion and green pepper and cook over low heat for 10 to 15 minutes or until tender. Place over hot water, add flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Season with salt and pepper, remove from the heat and stir in lemon rind, parsley, oysters and the unbuttered cracker crumbs. Place in buttered individual baking dishes and cover with the buttered cracker crumbs. Bake in a moderately hot oven (375° F.) for about 25 minutes. Garnish with parsley and a slice of lemon. Serves six.

(*Continued on page 15*)

How They Love It!

PERHAPS it's only milk-toast those youngsters are going to enjoy; perhaps a simple task of cutting out "picture" toast shapes. But, their busy little hands can truly help in its preparation; and will enjoy the business of doing it, too! Why not let these easy Kitchen suggestions be a *planned* part of their education? In this chapter on the youngsters (featured regularly in our "Food Advisers") we have sought to develop ideas that are a practical and proven benefit in the child's education. We know that children are inherently interested in *helping* around the house; and this interest is doubly keen where the Kitchen is concerned. It is really amazing what those "little hands" can be taught to do!

HONEY MILK TOAST

12 slices white bread
Soft butter
Honey
3 cups hot milk

1. Toast the bread and cut with small cooky cutters into rabbit or other animal shapes.
2. Spread the toast with soft butter and a generous amount of honey.
3. Place in warm bowls; pour on hot milk. Serves six.

WINTER VEGETABLES
treat them with respect!

"WHAT can we do to give winter vegetables new appeal?" You've heard this cry, frequently. But, we of the Sealtest Kitchen, think that the cauliflower, eggplant, carrots, cabbage, etc., can acquire such "allure" that the most finicky of appetites will find a new interest in life. Why not try some of these recipes?

FRENCH CABBAGE

½ to 1 teaspoon salt
2 quarts shredded cabbage
1 can consomme (about 1¼ cups)
2 tablespoons flour
½ cup cream
¾ cup chopped bacon

Add the salt to the cabbage and cook in the consomme over low heat until tender. Stir occasionally. Mix the flour and about 2 tablespoons of cream to a smooth paste. Add the remaining cream and stir into the cabbage mixture. Cook over low heat, stirring constantly until thickened. Fry the bacon until crisp, drain and sprinkle over the cabbage when serving. This will serve six.

CREAM OF ONION AND CHEESE SOUP

3 tablespoons butter
2 cups sliced onions
3 tablespoons flour
4 cups milk
1 to 1½ teaspoons salt
Few grains pepper
⅔ to 1 cup grated American cheese

Melt the butter in the top of a double boiler placed directly over the heat. Add the onions and cook over low heat, stirring occasionally until tender. Place over hot water, add flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add salt, pepper and cheese and stir until the cheese is melted. Serves six.

CABBAGE WITH SOUR CREAM PARSLEY SAUCE

1 medium cabbage
1½ tablespoons flour
1 cup thick sour cream
2 teaspoons vinegar
½ teaspoon sugar
½ to ¾ teaspoon salt
Few grains pepper
2 tablespoons chopped parsley

Cut the cabbage in 6 wedge shaped pieces and cook uncovered in boiling salted water until tender. Drain. Mix the flour and sour cream in a double boiler, add the vinegar, sugar, salt and pepper and cook, stirring constantly for about 5 minutes or until thickened. Add parsley and pour over the cabbage. Serves six.

RED CABBAGE AND APPLE SALAD

1 teaspoon dry mustard
1 teaspoon sugar
Salt
2 tablespoons flour
Few grains cayenne
¾ cup milk
1 egg
1 tablespoon butter
¼ cup vinegar
1 quart finely shredded red cabbage
2 apples

Mix the mustard, sugar, ½ teaspoon salt, flour and cayenne in a double boiler. Add the milk and slightly beaten egg and cook, stirring constantly for 8 to 10 minutes or until thickened. Remove from the heat, add butter and stir in the vinegar slowly. Chill. Mix the well drained cabbage with about ¼ teaspoon of salt and add the diced apples. Add the dressing and toss together lightly. Serves six.

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BROCCOLI WITH HAM HOLLANDAISE

3½ tablespoons butter
2½ tablespoons flour
1¼ cups milk
2 egg yolks
1½ tablespoons lemon juice
½ teaspoon salt
Few grains pepper
¼ cup chopped cooked ham
Cooked broccoli

Melt 1½ tablespoons of the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add a little of this mixture to the slightly beaten egg yolks, mix well and return to the double boiler. Add lemon juice, salt, pepper and the remaining 2 tablespoons of butter. Cook, stirring constantly for 1 to 2 minutes longer. Add ham, reheat and pour sauce over the broccoli. Serves six.

FRIED EGGPLANT WITH CATSUP SAUCE

2 tablespoons butter
3 tablespoons flour
1¼ cups milk
¼ cup catsup
¼ teaspoon onion juice
Salt and pepper
6 slices fried eggplant

Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the catsup and onion juice and season with salt and pepper. Reheat and serve on the eggplant. Serves six.

Sour Cream Parsley, Catsup and Cheese Sauces

SQUASH SOUFFLE

3 tablespoons butter
6 tablespoons flour
1 cup milk
1 teaspoon salt
½ teaspoon grated onion
2 eggs
2 cups mashed squash
1 cup boiled rice
Crisp bacon

Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the salt and onion and stir into the slightly beaten egg yolks gradually. Cool. Drain and season the squash with salt and pepper. Fold cooled squash and rice into the first mixture. Fold in the stiffly beaten egg whites. Pour into a buttered baking dish and bake in a moderate oven (325° F.) for 50 to 60 minutes. Serve with crisp bacon. Serves six. (If desired the rice may be omitted, but souffle must be served immediately as it is extremely light.)

CARROTS AND CELERY BECHAMEL

1 slice onion
1 small carrot
1 bay leaf
⅛ teaspoon pepper
1 cup water
1 chicken bouillon cube
¾ teaspoon salt
2 tablespoons butter
2½ tablespoons flour
1 cup milk
1½ cups diced cooked carrots
1½ cups diced cooked celery

Chop the onion and the small carrot. Add bay leaf, pepper, water, bouillon cube and ¼ teaspoon of the salt. Cover and cook over low heat until the carrot is tender. Remove bay leaf. Melt the butter in a double boiler, add flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the remaining ½ teaspoon of salt and stir in the bouillon mixture. Add the carrots and celery and reheat. Serves six.

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SPINACH IN SOUR CREAM

2 pounds spinach
1 cup thick sour cream
Salt and pepper

Cut off the spinach roots, remove any wilted leaves and tough stems and wash thoroughly. Cook in a small quantity of boiling salted water until tender. Drain and chop coarsely. Add about ⅔ cup of the sour cream, and additional salt and pepper to taste. Mix lightly and reheat. Garnish with spoonfuls of the remaining sour cream. Serves four to six.

BRUSSELS SPROUTS AU GRATIN

1 quart Brussels sprouts
2 tablespoons butter
3½ tablespoons flour
1 cup milk
½ teaspoon salt
Few grains pepper
1 cup grated American cheese
Buttered soft bread crumbs

Cook the Brussels sprouts in boiling salted water until tender. Drain, cut in halves and place in a buttered baking dish. Melt the butter in a double boiler; add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add salt, pepper and ½ cup of the cheese and stir until the cheese is melted. Pour over the Brussels sprouts and cover with the crumbs mixed with the remaining ½ cup of cheese. Bake in a moderate oven (350° F.) until the crumbs are brown and the mixture is heated through. Serves six.

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FRENCH FRIED CAULIFLOWER WITH CHEESE SAUCE

1 head cauliflower
Salt
1 egg
2 tablespoons milk
Dry bread crumbs

Break the cauliflower into flowerettes and cook in boiling salted water for 10 minutes. Drain and sprinkle with salt. Dip in the slightly beaten egg mixed with the milk. Roll in crumbs and fry in deep hot fat (340° F.) for 2 to 2½ minutes or until golden brown. Serve with Cheese Sauce made as follows:

2 tablespoons butter
3 tablespoons flour
1¼ cups milk
½ teaspoon salt
Few grains pepper
1¼ cups grated American cheese
¼ to ½ teaspoon Worcestershire sauce

Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add salt, pepper, cheese and Worcestershire sauce and stir until the cheese is melted. Serve on French fried cauliflower. This cheese sauce may also be served on broiled tomatoes, fried eggplant and broccoli. Serves six.

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BAKED ONIONS AND CHEESE

24 small onions (about 1½ pounds)
2 tablespoons butter
2½ tablespoons flour
1¼ cups milk
¼ to ½ teaspoon salt
Few grains pepper
1 cup grated American cheese
Buttered soft bread crumbs

Cook the onions in boiling salted water until tender. Drain and place in a buttered baking dish. Melt the butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the salt, pepper and ½ cup of the cheese and stir until melted. Pour over the onions and cover with the crumbs mixed with the remaining ½ cup of cheese. Bake in a moderate oven (350° F.) until the cheese is melted and the mixture is heated through. Serves six.

THE DAIRY COW—

a pioneer of civilization

By
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To most of us who live in an urban atmosphere, the dairy cow — if indeed we ever think of our milk supply in terms of its original source — is not considered an unusual blessing. We are accustomed to accept the bottle of milk or coffee cream on the doorstep each morning more or less as an act of God along with the sunshine or the rain. Like the poor, the patient cow seems always to have been with us and we can scarcely imagine the dietary difficulties that might ensue if she were not.

To the pioneer of all times, however, the dairy cow has been indispensable. The very name by which they were known in the dawn of the English language verifies this fact. Cattle originally meant "chattel" or any form of moveable property, and later came to signify only livestock. But to distinguish the dairy cow from other livestock the word "neat"—meaning necessary — was prefixed, implying that the dairy cow was known to be necessary for life in those early days.

When Columbus made his first voyage of discovery to the new world in the 15th century he found no evidences of cattle of any kind. It is recorded, however, that on his second voyage in 1493 he brought with him some cattle which undoubtedly included dairy cows.

Not the least among the series of difficulties of our Pilgrim Fathers arose from the fact that the Mayflower carried no dairy cows in her hold and that not until 1624 were "three heifers and a bull, the first beginnings of any cattle of that kind in the land" brought to the Plymouth colony. That first vessel was not very large—only 80 feet over all—and in it was to be carried some 200 souls together with household goods, tools with which to build new homes, and food and clothing to last for they knew not how long. So many weeks were taken in preparation and there was much discussion as to what should be included. And when all was settled and the journey about to begin, it was cheerfully noted that they were not overly crowded since "they carried . . . no small cattle."

Governor Bradford must have sorely regretted this oversight. It is recorded that while he reminded himself with Christian fortitude that his people were suffering no more than Jacob and his people during the famine of biblical history he added, "Yet they had such great herds and store of cattle of sundry kinds which besides flesh must needs produce other foods as milk, butter and cheese." The number of deaths among the colonists from influenza during that first dreadful New England winter might have conceivably been lessened, and surely the percent of infant mortality decreased had the Pilgrim Fathers brought those three dairy cows and 1 bull on the Mayflower's first trip.

When the descendants of these early pioneers, along with other immigrants who

(*Continued on Page 14*)

Party MONTH!

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PARTY — party — party! But no one ever tires of the delightfully intimate home-party. There's a festive joy in its semi-informality! There's a zest of expectancy in the foods to come! And, when the party is for the youngsters, you can really "go to town". Ice Cream is always tops for dessert, especially in a real "party" serving.

MENUS

VALENTINE LUNCHEON
*Cottage Cheese Fruit Appetizers
Chicken Brazilian on Heart Shaped Toast
Buttered Asparagus Tips
Small Biscuit and Butter
Endive Salad French Dressing
Ice Cream Cherry Pie
Coffee with Cream Milk

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GEORGE WASHINGTON BREAKFAST
Cherry Juice
*Sweet Potato Waffles Sausage
Maple Syrup or Honey
Coffee with Cream Milk

LINCOLN'S BIRTHDAY SUPPER
*Dried Beef Rarebit on Toast
Toasted Log Sandwiches Celery and Olives
Fruit Platter
(Grapes, Apples, Pears, Tangerines)
Coffee with Cream Milk

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WINTER COMPANY DINNER
Cranberry Juice Cocktail
*Sweet Potato Ham Loaf
Buttered Green Beans
*Tomato Slaw with Cottage Cheese
Hot Rolls Butter
*Chocolate Cake with Marshmallow Filling
or
*Sour Cream Mince Pie
Coffee with Cream Milk

* Indicates recipes in this "Adviser"

COTTAGE CHEESE FRUIT APPETIZERS

(*Illustrated on back cover*)

Remove seeds from canned plums or prunes, cherries, apricots and pickled peaches and stuff with cottage cheese. If desired, top with sliced green cherries. Stuff figs with cheese. Make pineapple cheese sandwiches from pineapple sticks cut in half and spread with cheese.

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TOMATO SLAW WITH COTTAGE CHEESE

2½ cups shredded cabbage
Salt and pepper
1 cup cottage cheese
1 cup drained cooked or canned tomatoes
Lettuce or other greens

Season crisp chilled cabbage with salt and pepper. Combine the cottage cheese and well drained tomatoes and season with salt and pepper. Pour over the cabbage and toss together lightly. Place on lettuce or other greens. Serve with salad dressing or mayonnaise. Serves six.

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CHOCOLATE CAKE WITH MARSHMALLOW FROSTING

½ cup butter
2 cups sugar
3 eggs
4 squares chocolate
2¾ cups cake flour
4 teaspoons baking powder
¾ teaspoon salt
1½ cups milk
1 teaspoon vanilla

Cream the butter, add the sugar gradually and cream thoroughly. Add the egg yolks and beat well. Add the melted chocolate. Mix and sift the flour, baking powder and salt and add to the first mixture alternately with the milk. Add the vanilla and fold in the stiffly beaten egg whites. Pour into 3 buttered 9-inch layer cake pans and bake in a moderate oven (350° F.) for about 30 minutes. Spread marshmallow frosting between the layers and on the top and sides. Make frosting as follows:

1½ cups sugar
¾ cup water
Few grains salt
2 egg whites
½ teaspoon vanilla
¼ pound marshmallows
1 tablespoon hot water

Cook the sugar and water together over low heat, stirring until the sugar is dissolved. Bring to a boil and cook to 242° F. or until the mixture spins a long thread. Add the salt to the egg whites and beat until stiff. Add the hot syrup slowly, beating constantly. Add the vanilla and beat until stiff enough to spread. Place the marshmallows in a double boiler, add the hot water and heat until marshmallows are melted. Add to the first mixture and beat until thick enough to spread.

PARTY MONTH

DRIED BEEF RAREBIT

2 tablespoons butter
3 tablespoons flour
¼ teaspoon dry mustard
1½ cups milk
⅛ teaspoon Worcestershire sauce
2½ cups grated American cheese
1 cup chopped dried beef
Buttered toast or crisp crackers

Melt the butter in a double boiler, add the flour and mustard and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the Worcestershire sauce, cheese and dried beef and stir until the cheese is melted and the mixture is heated through. Serve on toast or crackers. Serves six.

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SWEET POTATO WAFFLES

(*Illustrated on cover*)

1 cup flour
1½ teaspoons baking powder
¾ teaspoon salt
4 tablespoons butter
1 egg
¾ cup mashed sweet potatoes
1 cup milk

Mix and sift the flour, baking powder and salt. Add the melted butter to the slightly beaten egg yolk and add the sweet potatoes and milk. Stir into the dry ingredients, mixing just enough to moisten. Fold in the stiffly beaten egg white and bake on a hot waffle iron. These are delicious served with maple syrup and sausages. This recipe makes 4 large waffles.

SOUR CREAM MINCE PIE

1½ tablespoons flour
1 cup thick sour cream
¼ teaspoon salt
3 cups mincemeat
Pastry

Mix the flour, sour cream and salt and stir in the mincemeat. Place in a pan lined with pastry, moisten the edge with cold water and cover with the top crust. Press edges together and trim. Cut several slits in the top to allow steam to escape and brush with milk. Bake in hot oven (450° F.) for 20 to 25 minutes.

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SWEET POTATO HAM LOAF

(*Illustrated page 3*)

2 tablespoons butter
2 tablespoons flour
¼ teaspoon dry mustard
1 cup milk
1 teaspoon salt
⅛ teaspoon pepper
1 tablespoon chopped onion
1 cup soft bread crumbs
1 pound ground ham
1 pound ground lean pork
Fluffy mashed sweet potatoes

Melt the butter in a double boiler. Add the flour and mustard and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the salt and pepper. Combine sauce, onion, crumbs, ham and pork and mix well. Pack in a buttered loaf pan (about 4 by 9 inches) and bake in a moderately hot oven (375° F.) for about 1 hour. Invert on a plank, cover with the sweet potatoes. Brush with a little melted butter and brown.

THE DAIRY COW

(*Continued from page 11*)

came early to the eastern states, made their first venture into the West — Indiana, Ohio and Illinois — at the end of the 18th century they had long since learned the important role their cows must play. The early settlers who used the Mississippi for a roadway traveled in "arks" — flat-bottomed boats roofed over with metal. And down below, safe from Indian arrows, were kept their prize possessions—the women, children, pigs and cows!

If they came overland, winding their way through the lush prairie in their covered wagons, there was always one cow tied in back — two if possible. For the pioneer father was exactly the same as any modern parent. He did not know what this new land held in store and how the family would fare. But he prepared as best he could for the young 'uns. So two cows were brought most often, one to freshen early in the spring and one later in the summer, so that a supply of wholesome milk was assured the children.

As our research in nutrition goes forward the dairy cow continues forward also to take its place as the pioneer of one of the most important industries of our land.

PUT APPEAL IN WINTER MEAL

(*Continued from page 5*)

VEAL CORNBREAD SHORTCAKE

3 tablespoons butter
5 tablespoons flour
1¼ cups milk
1 cup veal stock
Salt and pepper
⅓ to ½ cup sliced stuffed olives
2 cups diced cooked veal

Melt the butter in a double boiler, add the flour and mix well. Add the milk and veal stock gradually and cook, stirring constantly until thickened. (Milk may be substituted for the veal stock if desired.) Season with salt and pepper and add the olives and veal. Reheat. Split open squares of hot cornbread and serve the creamed veal and olives between the halves and on top. Omit the olives if desired. Make cornbread as follows:

½ cup flour
¾ teaspoon salt
1 tablespoon sugar
1 teaspoon baking powder
¼ teaspoon soda
½ cup yellow cornmeal
2 tablespoons butter
1 egg
¾ cup buttermilk

Mix and sift the flour, salt, sugar, baking powder and soda. Stir in the cornmeal. Add the melted butter to the slightly beaten egg. Add the milk and stir into the dry ingredients, mixing just enough to make the batter smooth. Pour into a well buttered pan (about 8 inches square) and bake in a hot oven (400° F.) for about 25 minutes. Serves six.

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DATE SOUFFLE WITH ORANGE SAUCE

½ cup pitted dates
6 tablespoons flour
¼ cup butter
1 cup milk
2 tablespoons grated orange rind
3 eggs
3 tablespoons sugar

Put the dates through a food chopper and mix with the flour. Stir in the softened butter. Scald the milk in a double boiler and add to the date mixture gradually. Return to the double boiler and cook, stirring constantly, for about 5 minutes. Add the orange rind. Beat the egg yolks until thick and add the sugar gradually, beating after each addition. Add the hot mixture slowly. Cool. Fold in the stiffly beaten egg whites and pour into a buttered baking dish. Place in a pan of hot water and bake in a moderate oven (325° F.) for about 1 hour. Serve with Orange Sauce made as follows:

¼ cup sugar
Few grains salt
1 tablespoon cornstarch
1 cup orange juice
2 tablespoons grated orange rind
⅓ cup cream

Mix the sugar, salt and cornstarch in a double boiler. Add the orange juice and rind and cook, stirring constantly, for about 5 minutes or until thickened. Cover and cook for 10 minutes longer. Stir in the cream and reheat. Serves six.

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CREAMED HAM ON FRIED HOMINY

1 No. 2½ can hominy
Butter
¼ teaspoon salt
Few grains pepper
2½ tablespoons flour
1½ cups milk
1½ cups diced cooked ham

Drain the hominy and fry in 2½ tablespoons of butter, stirring frequently. Add salt and pepper. Melt 2 tablespoons of butter in a double boiler, add the flour and mix well. Add the milk gradually and cook, stirring constantly until thickened. Add the ham and salt to taste. Reheat and serve on hominy. Serves six.

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FRUIT APPETIZERS stuffed with our delicious, zesty Cottage Cheese — what a taste-tempter a dish of these appetizers make for any occasion!

Cottage Cheese Fruit Appetizers

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